

HEALTH TIPS

Foot Problems Common But Can Be Corrected

Who, at the end of a hard day, does not complain: "My feet are killing me!"

shoes, encouraging sandals and other loose-fitting footwear, and above all moving to the styles that are not only long enough but sufficiently wide to allow normal growth.

back of their minds is the idea that only small feet are beautiful. This standard was carried almost to the ridiculous by the Chinese who would bind a girl-baby's foot to produce the "three-inch lily," which while fashionable, was useless to walk upon.

usually nearly square, into a "smart" but nonsensical narrowing triangle. Women go one stage further, with a high heel forcing most of the weight of the body onto the ball of the foot and cramming the toes into a narrow, tightly fitting wedge. Corns, bunions, and hammer toes are inevitable, and both walking and standing become progressively uncomfortable. Calluses become tender and need treatment, the more serious deformities may require surgery. This is a heavy price to pay for being fashionable.

Two common problems of feet are ingrown toenails and athletes foot. An ingrown toenail is simply a nail which has been cut so short that there is a sharp corner pressing into flesh at the side of the nailbed. A tight shoe presses this corner into the soft flesh so that pain and infection commonly result. Most ingrown toenails respond to the insertion of a little cotton under the offending edge and letting it grow out, and recurrence can be avoided by correct cutting of the toenails and the wearing of broad, comfortable shoes.

A word on congenital disorders of the foot in which ligaments or tendons are shortened and a deformity is noticed at birth or in infancy. These today are very amenable to corrective treatment requiring patience but usually successful over the long term.

Flattened arches may be seen as the foot develops. While these can be a source of discomfort in adult life, correction during childhood and adolescence is usually possible. Most of the problems in feet can be avoided or corrected, and foot trouble could be a rarity. A saner attitude towards footwear and early treatment of deformity are the keys. Questions concerning this subject should be directed to your personal physician.

A Little Too Slow Animal keepers in charge of Griffith Park Zoo's primate section are constantly called upon to explain to the public that a dead animal has not been carelessly left lying around. What causes the questions is a slow loris, a nocturnal animal which spends most of the daylight hours curled up in a bluish-gray ball of fuzz, not dead — just asleep. FREE CLASSIFIED AD: Stanel Maisterek, 25123 Feijoa, Lomita. or to "Health Tips," California Medical Association, 693 Sutter Street, San Francisco.

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